



The HPWBANA News

Volume 6, Number 1

January 2010

www.hpwbana.org

MESSAGE FROM

The Board

Welcome to 2010! The news in our neighborhood is quite positive as we enter the new year! HPWBANA hopes that one of your New Year's Resolutions is to appreciate the wonderful neighborhood that you call home! Ours is a neighborhood of a unique character—one that we should all appreciate and strive to maintain—and improve. This year, the HPWBANA board plans to host the Spring Egg Hunt, July 4 Parade, Crime and Safety seminar and perhaps...bring back the Movie in Perry Park! There are medians to landscape, green spaces to water, parks to clean and maintain and...the list goes on and on. Please take a moment and renew your HPWBANA dues. For only \$15.00 per family, you help support all of our efforts to keep our neighborhood unique and beautiful! Thank you for your support.

As always, we welcome your volunteerism and good ideas, so please call, or email me or any board member if you have something you'd like to see happen in the neighborhood!

Good wishes for 2010,
Carolyn Robinson
President, HPWBANA

HPWBANA Board Meetings

Please attend our next monthly meeting

Monday, January 18, 2010

Jorge's
7:00 - 8:30 pm

“TECH TIP OF THE MONTH”

I would like to take a short moment welcome you to my monthly column for the HPWBANA Newsletter and to wish everyone a happy, healthy and prosperous 2010. My hope for this column is to help enlighten you to get better use and longevity from your computer. This month's topic will be...

“Caring For Your Laptop”

KEEP FOOD AND DRINK AWAY

This may seem like a “no brainer” but you would be surprised the number of laptops I have seen with spills and/or food accumulated in them. Some of the stranger things I have seen are bird feathers inside and one cat even decided it was his litter box. That one became a \$2400.00 paperweight.

KEEP IT COOL

Always use your laptop on a hard surface. I know it is tempting to simply sit it on your lap, or on the carpeted floor or even on the bed but it should be avoided at all costs. While today's laptops are a large improvement over yesterdays some facts still remain the same. The parts are smaller, they generate more heat, and they are more expensive to repair. Air circulation is critical to the longevity of your laptop.

KEEP IT CLEAN

Once a month use a can of compressed air and blow out the ports where the fan intakes air and also the outlet port. Blow off the keyboard and any other ports regularly used such as USB. Clean your LCD screen with a soft damp cloth, the best way is with a paper towel made wet, with every drop of moisture wrung out of it. Never use your laptop with dirty hands.

NEVER TRANSPORT OR CARRY IT WHEN IT IS ON

I know this is tempting, especially when you want to show someone in the other room something quickly. Your laptops hard drive is spinning at the minimum 5400 revolutions per minute and the “heads” that read the data are a hairs breath away from the disks. Even the slightest jostling can cause them to come into contact greatly reducing the life of your hard drive. Remember, it is not a question of “if” your hard drive is going to fail, it is “when”. You should always power it off when taking it anywhere, even when in hibernation there is current flowing through the computer and any flexing of the unit can cause you problems.

(Continued on Page 2)

IMPORTANT NUMBERS

Austin Citywide Information Center 974-2000 or 311
Emergency Police 911
Non-emergency Police (coyote sighting, etc.) 311
Social Services (during work hours) 211
SPO David J. Knutson
Central West District APD Rep..... 974-5917
Wildlife Rescue 24 Hour Hot Line 210-698-1709

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David Obermann humbug@texas.net

The HPWBANA Board meets on the 3rd Monday of each month except December. Meetings are held from 7:00 – 8:45 p.m. All neighbors are invited to attend. www.hpwbana.org

HWPBANA is bordered on the north by 2222, on the south by 35th St., on the west by Mt. Bonnell Rd., and on the east by MoPac and by Bull Creek Rd. between Hancock Dr. and 45th St. Mail your membership dues to HPWBANA, P.O. Box 26101, Austin, Texas 78755

ADVERTISING INFO

Please support the businesses that advertise in the HPWBANA Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No neighborhood association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com for ad information and pricing.

LEASH LAW



More and more people are taking advantage of our great Fall weather by taking walks through our beautiful neighborhood. Some are walking their dogs, some with their children, and others just out for some solitude and quiet.

Unfortunately, some of these walks are being disrupted by dogs that are not on a leash. This is a safety issue as well as a violation of city code. Please be sure that your dogs are on a leash so that everyone can enjoy unspoiled walks. Additionally, dogs may not be tethered or chained to any object except for brief periods while the owner is present such as for grooming, training, or veterinary treatment.

Dogs who primarily live in an outdoor enclosure must have 150 square feet of space per adult dog, and the enclosure must be located at least 50 feet from an adjacent business or residence. Cats and dogs must also be vaccinated against rabies and registered with Health and Human Services Department, Animal Service Division.

*The reference for the Leash Law and the other ordinances relating to dogs and cats is Chapter 3-4 of the City of Austin Code.

HPWBANA
Stork Report

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Tech Tips - (Continued from Cover Page)

RAPID TEMPERATURE FLUCTUATIONS

When you bring your laptop inside during winter or summer, do not immediately turn it on. Instead let it come to room temperature before turning it on. This will avoid any potential damage to your hard drive from condensation that may have formed while in your vehicle. So basically to avoid this type of problem do not leave your laptop in your vehicle for any extended period of time.

These are the 5 main tips to getting more life out of your laptop, whether it is a PC or a MAC. Follow these religiously and you should experience a longer life. Most large companies replace laptops every 3 years, you can expect an average life expectancy under normal conditions of about 4 years, 5 if you are lucky or it has not become obsolete.

- By: Mark Robbins

Don't want to wait for the mail?
View the current issue of the Highland Park West Balcones Area Neighborhood Newsletter on the 1st day of each month at www.PEELinc.com

HPWBANA ADDS

New Board Member!

HPWBANA is delighted to announce that Susan Fannin, long time resident of HPWBANA has volunteered to fill the open position on the board. Susan states that her some of her first memories of the neighborhood were attending the first grade at Highland Park Elementary School. Her family has owned their home on Crestway since 1968! Although Susan moved around as a young adult, and pursued a career in Kentucky, Virginia, and Oklahoma, she always called Austin home. In 1992, she moved back to the neighborhood. Susan is retired from the Department of Veterans Affairs where her division developed software to support the VA home loan program. Susan looks forward to serving the board as the Newsletter Editor! She welcomes your comments and ideas for feature article ideas and submissions. You can contact Susan at sfannin@austin.rr.com.



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9:30 . Blended Worship | 11:00 . Contemporary Worship | 9:30 & 11:00 . Bible Life Groups (all ages)

Great Hills Baptist Church | www.ghbc.org | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763

Highland Park West Balcones Area

Holiday Lights 2010



Thanks to all the families who made the effort to decorate their homes for the holidays. It is fun to drive through our neighborhood and see the wonderful displays of festive lights. Some homeowners made the effort to enter the HPWBANA Holiday Lights

contest and found special surprises in their mailboxes! Thanks for your participation! Special thanks to the Houser family tradition "Peace on Earth" display at 45th and Mopac that makes everyone in the neighborhood feel like everything is right in the world!



Introducing A CARDIOLOGY PRACTICE WITH A NEW PERSPECTIVE: KNOWLEDGE... NOT FEAR.

JEFFREY B. MICHEL, MD FACC

Dr. Michel earned his medical degree from the UT Southwestern Medical School in Dallas. He completed his internship and residency programs in Internal Medicine at Parkland Hospital and the VA Medical Center in Dallas, respectively. Dr. Michel completed his Cardiology fellowship at Brigham and Women's Hospital, Harvard Medical School in Boston, Massachusetts.

A former Assistant Consultant Professor of Medicine at Duke University, Dr. Michel is trained in general cardiology with special training in noninvasive imaging and cardiovascular research.

"THE MOST REWARDING PART OF MY PRACTICE is getting to know my patients and working with them to achieve their maximum health. I get up every morning looking forward to meeting new patients and seeing the progress that established patients are making."

GEORGE P. RODGERS, MD FACC

Dr. Rodgers has been in practice in Austin since 1989. He was one of the founding members of Austin Heart and the Heart Hospital of Austin. He served as Austin Heart's president from 1999 to 2005 and was the medical director of the Heart Hospital of Austin in 2004.

He developed a true passion for prevention. In 1999 he introduced the Heart Saver CT (the CAT scan of the heart) to evaluate patients for the earliest evidence of coronary artery disease. "I ALWAYS TREAT MY PATIENTS THE WAY I'D LIKE MY OWN family members to be treated. I approach each patient with compassion and respect. My goal is to help each patient achieve their optimal cardiovascular health."



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HPWBANA BUSINESS MEMBERSHIP

For 2010

Consider supporting HPWBANA through your business in 2010! The HPWBANA business sponsorship is only \$50.00 per year. For your sponsorship, HPWBANA offers you a link to your website through the association website (hpwbana.org), participation in HPWBANA events and the satisfaction of supporting your neighborhood. If you are interested in finding out more about business sponsorship, contact Scott Rogillio atscott@rogillio.com

(Membership Form on Page 11)

Do You Have Reason to Celebrate?

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Recipe of the Month

Cheese Ball

Ingredients

- 2 - 8 oz. pkgs. cream cheese
- 1 small can crushed pineapple, drained well
- ¼ C green onion, chopped
- ¼ C green pepper, chopped
- 1½ tsp. seasoned salt
- 1 C nuts, finely chopped

Directions

Mix well. Form a ball and roll in chopped nuts.



If you would like to submit YOUR recipe email it to articles@peelinc.com.

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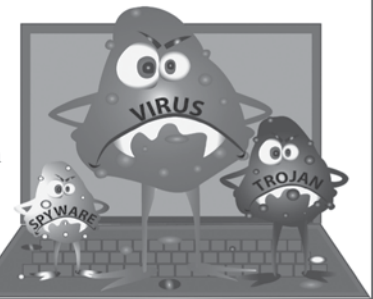
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Highland Park West Balcones Area

What's Happening at Highland Park Elementary

DESCRIPTION: PROSPECTIVE PARENT ORIENTATION

Bring a brown bag lunch and visit with school staff, PTA representatives, and Highland Park parents. We will share information, answer questions, and conduct tours of the school.

Time: 12:00-1:00pm

Date: Tuesday, January 12th, 2010

Place: Highland Park Elementary School, 4900 Fairview Drive, 78731

Name: School staff contact: 414-2090

DESCRIPTION: PROSPECTIVE PARENT ORIENTATION

Bring a brown bag lunch and visit with school staff, PTA representatives, and Highland Park parents. We will share information, answer questions, and conduct tours of the school.

Time: 12:00-1:00pm

Date: Tuesday, February 16th, 2010

Place: Highland Park Elementary School, 4900 Fairview Drive, 78731

School staff contact: 414-2090

DESCRIPTION: SCOTTIE PUP CAMP

Families entering Fall 2010 are invited to participate in story time in the school library, have a snack in the cafeteria and play on the playground.

Time: 8:45-9:45 a.m.

Date: Tuesday, March 9th

DESCRIPTION: KINDERGARTEN AND FIRST GRADE ROUNDUP

Register for the 2010-2011 school year while children have the opportunity to visit a classroom. Bring copies of your child's social security card, original birth certificate, current immunization record, and proof of residency as well as a copy of your driver's license.

Time: 8:30am

Date: Tuesday, May 4h

For additional information, please contact Kalin Boenig at 343-1333 or kkboenig@yahoo.com

Sammy Huffaker

453-4362, huffaker@swbell.net

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COME READY TO LEARN, PLAY AND “GET WILD!”

Lamar Middle School, 6201 Wynona Dr., Austin, TX 78757

Saturday, January 30, 2010

Check in: 8:30 – 9:00 AM Workshop 9 AM – 4 PM

There will be a one hour lunch break. Bring a sack lunch or eat out.

Bring your own water bottle. Wear tennis shoes and comfortable clothing.

For more information, contact Jane Herrin at 331-4600 or jhherrin@aol.com

CONSTABLE

Update

As reported earlier, HPWBANA hired a local constable to patrol our neighborhood. The goals were to reduce speeding in the neighborhood and to generally make the neighborhood a safer place. Constable Vincent Dodd has been on the job. Constable Dodd has reported meeting several neighbors personally—in a manner that may have involved the issuance of a written ticket or warning. Many thanks to Constable Dodd, a resident of our neighborhood, for his valuable service to the neighborhood this fall. Please continue to drive safely and obey the traffic laws.

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Highland Park West Balcones Area

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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

				1				3
	1				2			6
	7	6						
	9							8
				4		5		
			3		5		1	
				9			3	1
			1			7		
		1	8	2	3		6	

*Solution at www.PEELinc.com

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Cigarette & Drugstore Beetles

Cigarette and drugstore beetles are pests of stored products and can become a pantry pest in the home. These beetles are small, around 1/8" long, reddish-brown with an oval shape. If you disturb the beetles, they often will tuck in their legs and lays motionless.

Adults enjoy dark cracks and crevices, but will fly in brightly lit areas to locate a place to hide. The beetles are most active at dusk and continue activity through the night. Adults do not eat solid food, but will drink liquids. Larvae are small, grub-like and creamy white.

Cigarette and drugstore beetle larvae infest a variety of products such as tobacco, flour, dried fruit, herbs and spices, nuts, rice and pet food. These pests may also infest non-food items such as potpourri, dried flower arrangements, papier-mâché, prescription drugs, cosmetics and bookbinding paste.

The life cycle is dependent upon temperature and availability of resources- with warmer temperatures and adequate resources the life cycle will be faster. Mated females lay eggs in food sources. After hatching from the egg, larvae begin to feed on the food and grow. Eventually, larvae pupate and form a protective cocoon in the food item. Adults live from 1-4 weeks.

To manage these beetles, you must find the source, double bag it and throw it away. All stored food items should be inspected, even those that have not been previously opened. If you do not want to throw away infested food items it can either be heated or cooled to

kill any insects and then sifted to remove any insects. To freeze, put the items in a sealed plastic bag and place in the freezer for about a week. To heat the items, spread on a large cookie sheet and place in a 200 oF oven for 1-2 hours.

To prevent infestations, inspect all food items before buying; do not buy damaged food products. Dried goods can be stored in sealed, air-tight containers. If leaving the home for extended periods store items in the freezer or refrigerator. While inspecting stored food items for infestation, clean the pantry as you go. Vacuum or sweep up any spilled food items. Wipe down shelving with a cleaning product and use caulk to seal any shelf areas where small bits of food may collect.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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An advertisement for HPB Hamilton Pyle Bowman Certified Public Accountants. The background is a black and white photograph of a long wooden pier extending into a body of water. The text is overlaid on the bottom half of the image.

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Highland Park West Balcones Area



Wintertime is the perfect time to look for ducks in Central Texas. Several species that breed far north of our state's border return to Texas in the colder months to feed in our unfrozen freshwater lakes and rivers. From the Old English 'duce', the word duck is a derivative of the verb meaning to duck or dive, or bend down low as if to get under something. It best describes the way many ducks feed, by upending or diving under the water in search of a wide variety of food sources, such as small aquatic plants, grasses, fish, insects, amphibians, worms and mollusks. Most ducks fall into either the dabbler or diver category. Dabblers feed on the surface of the water, and sometimes on land, while divers disappear completely beneath the surface and forage deep underwater. In general, divers are heavier than dabblers, which gives them the ability to submerge more easily, but they often pay the price by having more difficulty when taking off to fly.

The most distinctive dabbling duck is the Northern Shoveler (*Anas clypeada*). True to its name, it possesses a two and a half inch long bill, which is spoon-shaped and has a comb-like structure called a pecten at the edge of its beak. The pecten is used to filter food from the water and to aid in preening its feathers. A medium-sized duck, the adult male (or drake) has an iridescent green head, rusty sides, and a white chest. When flushed from her nest, the adult female (or hen) will often defecate on the eggs, presumably to deter predators from eating them. This species of duck is monogamous, and stays together longer than any other known pairs of dabbling duck species.

Another common dabbler is the American wigeon (*Anas americana*), whose population is increasing throughout its range. The male has a white crown, green face patch, large white patches in its wings, and a black rear end bordered by white. At one time this

duck was known as 'baldpate' due to the white crown resembling a man's bald head. Its feeding behavior is distinctive among the dabbling ducks, as its short bill allows it to be much more efficient at plucking vegetation from both the water and sometimes even agricultural fields. The diet of this duck has been shown to include a much higher proportion of plant matter than any other dabbler species.

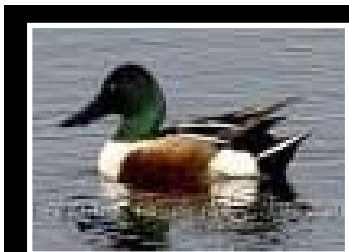
Among the most abundant and widespread freshwater diving ducks is the Lesser scaup (*Aythya affinis*). The male has a slight bump or peak on the back of the head, a bluish bill with a small black tip, grey sides (black on the ends with white in the middle), and a black head, chest, and rear end. When grasped by a predator like a grey fox, an adult Lesser scaup may play dead, rendering itself immobile with its head extended, eyes open, and wings floded close to its body. They are capable of diving underwater the day they are hatched, but are too buoyant to stay under for long, until maturity gives them the body composition and strength they need to stay underwater for longer periods of time.

Usually found on smaller, calmer bodies of water like ponds, Ring-necked ducks (*Aythya collaris*) are more readily identified by the bold white ring around their bill that the subtle purplish band around their necks for which they are named. A medium-sized diving duck, they also have a small bump or peak on the back of their black heads, with the male having a black chest, back, and rear end, with grey sides and a white stripe up the shoulder.

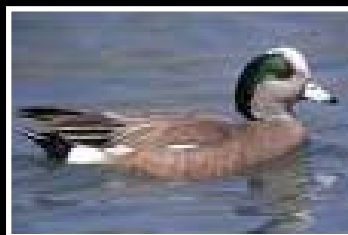
The next time you visit a lake, river, or pond this winter, venture out to the quiet corners to see if you can spot one of our best known dabblers or divers!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. - **JIM & LYNNE WEBER**

"Most ducks fall into either the dabbler or diver category. Dabblers feed on the surface of the water, and sometimes on land, while divers disappear completely beneath the surface and forage deep underwater."



Northern Shoveler



American Wigeon



Lesser Scaup



Ring-Necked Duck

It's Dues Renewal Time!
Support HPWBANA with your Membership

It's important for neighbors to join and stay active in HPWBANA. A growing membership makes us a stronger force with the City of Austin and allows us undertake projects that directly contribute to the quality of life in our neighborhood:

- Neighborhood Beautification Efforts
- Easter Egg Hunt, July 4th Parade and Picnic
- Advocates for Neighborhood on City Issues
- Strengthen Neighborhood Safety Network

We need your support! Please renew your membership or become a new member of HPWBANA today. Send \$15 for a Family membership or \$10 for a Single-Member Household membership (only one adult in household) to:

HPWBANA, PO Box 26101, Austin, TX 78755

Name _____ Name of Second Adult _____

Address _____

Home Phone _____ Email _____

Questions about membership?

Please contact Andrea Torres at 302-4294 or via email at andreatorres11@yahoo.com

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